



OFFICE OF PARENT AND FAMILY SERVICES

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Hello Bulldogs!

Spring break is right around the corner and we can hardly believe it is already March! This semester sure is going by quickly. As the end of the semester approaches, we know students also have their eyes on the new beginning of next semester. Fresh starts can be invigorating. Let us know if your student needs help regrouping and restarting.

Have you ever thought about going back to school? Did you know Mississippi State has over 70 online programs and a knowledgeable, helpful staff to walk you through the process? We know you trust Mississippi State with your child's future. You can also trust Mississippi State Online to assist you in moving to the next phase of your life and career.

In this issue you will find information about online education, events for your students, as well as important dates and announcements.

As always, if you need anything, please do not hesitate to contact us.

Cat Walker & Becky Faulk
Office of Parent & Family Services
662.325.3611 | family@msstate.edu

IMPORTANT DATES

March 6

Mid-point of semester

March 7

Last day to drop a class with a "W" grade
(36th class day) 5:00 p.m.

March 13 to March 17

Spring Break – No Classes Scheduled
(Dates Subject to Change)

March 20 to March 31

Faculty advising for pre-registration
(Some departments advise earlier)

March 24

Last day to apply for May 2023
degree via myState with \$50 fee

March 25 to April 21

Late May 2023 Degree Application
via myState - \$50 fee plus \$100 late fee

March 31

Second progress grade reporting deadline
(end of week 10)

April 1

Second progress grade reporting deadline
(end of week 10)

Academic Calendar



**BE BOLD.
BE CONFIDENT.
BE A BULLDOG.**

Earn your degree online

ONLINE
Education

LIVING BY EXAMPLE

Is your student in an academic rut? Are you trying everything possible to motivate your student to press on? Sometimes students need a little more push. Parents and families set the primary examples for their students. Whether it's through their own personal and academic achievements, life goals, or career performance, students learn by example.

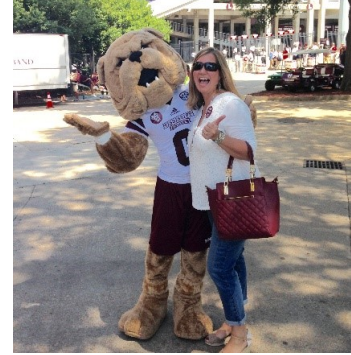
On more than one occasion, Mississippi State has witnessed parents graduating at the same time as their son or daughter. For some parents, it is a promise they made to their child. For others, it is a move forward into a new career path or opportunity. Whatever the reason may be, our convenient online programs may be what you need in order to make those life goals happen.

Be **bold** and follow your dreams.
Be **confident** knowing you have our faculty and staff to help you.
Be a **Bulldog** and prepare for your future.

When Kim Stone's youngest child Jacob, then a freshman at Mississippi State, questioned why she hadn't finished her degree, she couldn't come up with a good reason.

"I realized all of my 'excuses' of time, money, raising kids, were no longer valid. So, with encouragement from my husband and kids, I decided to take the plunge and return to college as a full-time student while working over 40 hours a week as a high school registrar," Stone said.

For those considering their own pursuit of a college degree as a non-traditional student, Stone offers this advice, "It's never too late! I was apprehensive since it had been thirty years since I was in high school; but from the academic advisors to the instructors, there is always support and readily available assistance."



With her oldest child away at college, Ashley Weaver decided to apply to Mississippi State and found out what she needed to finish her own degree. Finding out there was an online option was a godsend.

"I want to finish what I started. To check that off my list and know that I completed it. And maybe a small part is because my daughter is a junior at State and I don't want her to earn her degree before I earn mine!" Weaver said.

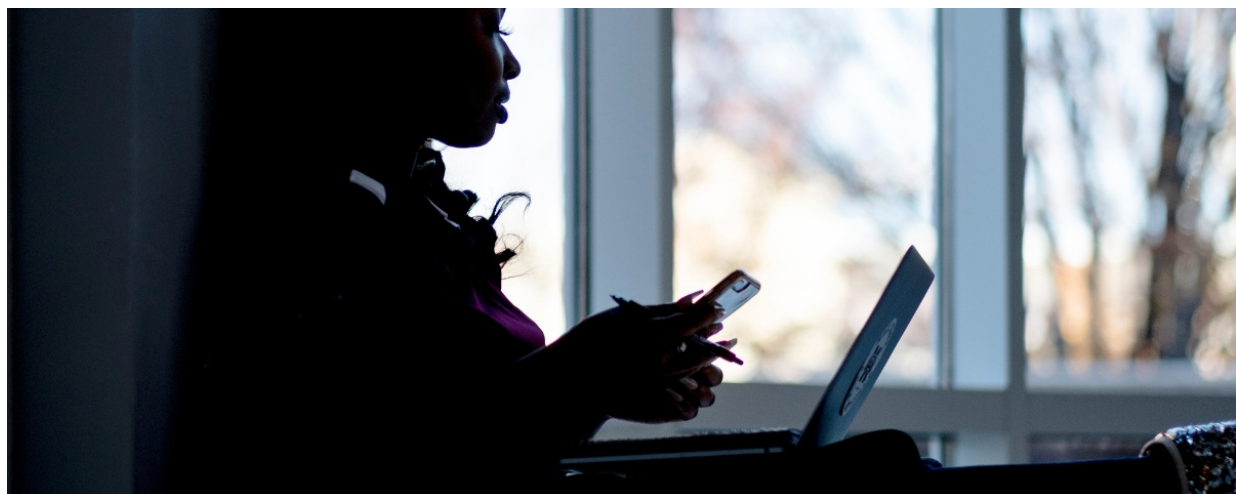
ONLINE READINESS

Although online education is a convenient alternative to the traditional classroom, be sure that online education is the right choice for you. Successful and happy online students have a few characteristics in common.

eLearnReady is designed to analyze students' degree of readiness for participating in online courses. Based upon research and statistical analysis, a total of nine salient and measurable factors were identified that include:

1. Self-Motivation
2. Self-Management
3. Communication with Instructor
4. Interaction with Peers
5. Learning Preference – Text
6. Learning Preference – Visual
7. Learning Preference – Auditory
8. Technology Skills
9. Classroom Website

At the end of the assessment, you will receive a detailed report of your results to help you better understand your readiness to succeed in online classes.



WHO IS EARNING A DEGREE ONLINE?

Individuals who:

- began college but did not finish
- are balancing family & work obligations
- wish to change fields or move up in their careers
- are looking to expand their knowledge and creativity

Never feel alone when taking classes at Mississippi State University Online. We are here, every step of the way. With 70+ program options, you can set your own schedule and enjoy the flexibility of work/other obligations and school. Learn what degree opportunities are available to you and your student by visiting the [**Center for Distance Education**](#).

WHAT TO EXPECT

If online education is new to you, you may be wondering what is involved in taking an online course or completing a degree program online. The following resources are available to assist you in the transition to online learning.

Technology Assistance

The Center for Distance Education provides students registered in online courses technical assistance through the Center's help desk. Additional information on these services can be found on the [**Technical Assistance**](#) page.

Online Student Services

Mississippi State and the Center for Distance Education provides support and assistance for all students registered for a online learning course. Additional information on these services can be found on the [**Student Services**](#) page.



BENEFITS OF ONLINE EDUCATION

Taking an online class can be a little nerve racking at first, especially if you've only taken face-to-face classes. Even if you are tech-savvy, being a little apprehensive at the beginning is normal. Taking an online course or two has its perks. Here are four advantages to studying online.

Career advancement

Taking courses online helps you gain more work experiences and learn new skills that will help you advance in your career. You're able to correspond with fellow online classmates from across the globe who come from all walks of life and experiences.

Flexible schedule and environment

You get to choose your own learning environment that works best for your needs: be it your bedroom, your car on a lunch break, the café across the street, or your local gym listening to your instructor's lecture through podcast as you run on the treadmill. Taking an online course also means that you don't have to commute to class, no parking dilemma, no decal, and no traffic!

Lower costs and decreased debt

Studying online means that you pay the tuition fee, possibly book supplies, an online

application fee, and a few other items. You don't incur the costs of housing, transportation, out-of-state tuition, or printing fees.

More choice of course topics

When selecting your classes for a face-to-face class environment, you are not only looking at what day of the week a class is offered but also what time. This can be quite a headache especially if a class you need (or want) isn't available on the day and time you need it.

Taking online courses will rid you of that headache. You no longer have to worry about the location of a class, the times available, and what works with the other classes you're taking. Online courses are much more flexible.

For a full list of our online degree programs, visit [Mississippi State Online](#).



MISSISSIPPI STATE ONLINE STUDENT IN THE NEWS

A Mississippi State Online student is one of three captains chosen for the Chief of Staff of the United States Air Force Prestigious Ph.D. Program. The award will provide Capt. Matthew Koestner, who is currently pursuing a Master of Business Administration degree from the MSU College of Business, a full three-year scholarship to a top-tier U.S.

[Read More](#)



Special **ANNOUNCEMENTS**

February Issue of our e-Newsletter

In our February e-Newsletter, we provided information on Study Abroad, which included sections that covered:

- Faculty-Led Programs

- Health & Safety

If you would like to view the February e-Newsletter, please visit [Get Connected](#).

Commencement Guidelines and Details

Spring Commencement dates, details, and attendance guidelines have been announced and can be found by visiting the [Office of the Registrar](#).

Spring 2023 Grad Fair

The Spring 2023 Grad Fair will be the first opportunity for graduates to purchase and pickup cap & gown, take professional graduation photos, and get more information about Spring 2023 commencement! This event is only open to Spring 2023 graduates, or any graduate participating in the Spring 2023 ceremonies. It will take place on March 23 & March 24 from 8 a.m. - 5 p.m. on the second floor of Barnes & Noble Bookstore at MSU.

Additional regalia information can be found at [**gradsupply.com/msu**](https://gradsupply.com/msu)

Livestreams of Ceremonies

Guests who are unable to attend will be able to access the ceremonies through a live stream. More details will be provided later this month.



The MSU Alumni Association welcomes all Spring 2023 graduates to the Senior Celebration at the Hunter Henry Center. Food, drink, and a special gift from the Mississippi State Alumni Association will be provided at the event (while supplies last). Once available, the date and time will be posted at the [Office of the Registrar](#).

Also, remind your soon to be graduate to download the Mississippi State Alumni Association app (*MState Alumni Association*) to check-in at the event and be eligible for door prizes! For questions relating to the Senior Celebration, students can contact Orly Hardin at ohardin@alumni.msstate.edu or 662.325.3444.



Alumni Delegate Tuition Drawing

This April, one lucky student will be awarded a semester of free, in-state tuition at Mississippi State University. The Mississippi State Alumni Delegates and the Mississippi State Alumni Association are excited to offer the 19th Tuition Drawing, which will give Mississippi State students the opportunity to win one free semester (12 credit hours) of in-state tuition. All currently enrolled students returning for fall 2023 are eligible to enter the drawing.

The winning ticket will be drawn April 13, 2023, and the winner will be announced on the Mississippi State Alumni Association's social media accounts ([@msstatealumni](https://www.instagram.com/msstatealumni)) following the prize patrol presentation the week of April 17.

[Purchase Tickets](#)



Join our Young Alumni Travelers in 2023!

The MSU Alumni Association is now offering travel opportunities exclusively for our recent MSU graduates! This experience will enable participants to engage in social, cultural, and recreational activities with fellow Bulldogs and graduates of peer institutions.

We have an exciting trip scheduled for 2023 travel across Europe!
Visit [Alumni World Travel](#) for more information.

Questions can be directed to Ava Richardson at arichardson@alumni.msstate.edu.

Upcoming Events

Study Night

Wednesday, March 1 | 5:00 p.m. - 7:00 p.m.
Old Main 1220

Students are invited to join their fellow peers in Old Main for an evening of studying together and making academic connections.

Spring Break Pop-Up Event

Monday, March 6 | 2:00 p.m. - 3:00 p.m.
Drill Field

Encourage your student to stop by and see the Money Mentors on the Drill Field and participate in a 'pre' spring break activity.

S.E.R.V.I.C.E Dawgs Tabling

Tuesday, March 7 | 11:00 a.m. - 2:00 p.m.
Colvard Student Union

Fundraising to help promote and spread community awareness about the organization and other community service projects

A poster for the Miss Maroon and White Pageant. The background is dark blue. On the left is a stylized illustration of a woman's head and shoulders in profile, facing right, with short blonde hair and wearing a dark dress with a gold outline. On the right is a stylized illustration of the Eiffel Tower in gold. The text is in white and gold. The main title 'MISS MAROON AND WHITE PAGEANT' is in large, bold, white capital letters. Below it, 'A Night in Paris' is in a gold, cursive font. Underneath that, 'ON MARCH 22, 2023' is in bold white capital letters. To the right of the woman's illustration, the word 'APPLICATION' is in bold white capital letters, followed by 'ON COWBELL CONNECT' in white capital letters. Below that, 'OPENS TUESDAY, JAN. 17 12AM' and 'CLOSES SUNDAY, FEB. 5 12AM' are in white capital letters. Further down, 'MANDATORY INTEREST MEETING' is in bold white capital letters, followed by 'THURSDAY, JAN. 26 5PM' and 'BALLROOM "U", COLVARD STUDENT UNION' in white capital letters.

**MISS MAROON AND
WHITE PAGEANT**
A Night in Paris
ON MARCH 22, 2023

APPLICATION
ON COWBELL CONNECT
OPENS TUESDAY, JAN. 17 12AM
CLOSES SUNDAY, FEB. 5 12AM

MANDATORY INTEREST MEETING
THURSDAY, JAN. 26 5PM
BALLROOM "U", COLVARD STUDENT UNION

MSU BIG EVENT

Saturday, March 25 | 10:00 a.m. - 12:00 p.m.
Various Locations throughout Community

MSU BIG Event is a one-day service event for all our MSU student leaders, faculty, staff, and Starkville community members to serve alongside each other to enhance the assets in our community and leave your mark! Students can register through [Cowbell Connect](#).

Women's Empowerment Brunch

Saturday, March 25 | 12:00 p.m. - 2:00 p.m.
Bost Extension Center Auditorium

Brunch event to discuss the career and business profiles of women in society today.

SERVE. ENGAGE. LEAD.

Tap into your power when you may feel powerless - gain self-awareness, foster connections, and center justice in your communities and on campus.

MISSISSIPPI STATE UNIVERSITY
MAROON VOLUNTEER CENTER

✔ Tolerance vs Advocacy
TUESDAY, FEBRUARY 7TH

✔ Disruptive Leadership
TUESDAY, FEBRUARY 28TH

Revolutionary Change
TUESDAY, APRIL 4TH

**All sessions will be from 6:00 pm to 7:00 pm in the Moseley Hall 4th-floor classroom.



If you require special assistance relating to a disability, please contact Alexis Hampton at alexis@saffairs.msstate.edu. Mississippi State University is an equal opportunity institution.

More details about each event can be found by visiting [Cowbell Connect](#).

Student Counseling Services - Group Services

scsgroups@saffairs.msstate.edu
662.325.2091

What is Group Therapy? is a free service provided by the Student Counseling Services (SCS). It is a form of psychotherapy in which individuals share and grow amongst others with similar concerns. For many presenting concerns, research has shown that group therapy can be as effective as individual therapy. Group therapy also offers a key component that is not available in individual therapy, social support. Group therapy can help reduce stigma, isolation, and feelings of alienation.

Each group has a different meeting schedule, but typically groups meet once weekly for between 6 and 14 weeks. This schedule will be shared with you by the group facilitator at the time of or after group screening. All groups will meet virtual during the spring 2022 semester due to COVID 19.

What types of groups are offered? SCS has a different menu of groups each semester, and we are open to creating new groups to meet student need and interest. Groups offered this semester are listed below:

- Dealing with Distress - Manage chronic negative emotions and/or behaviors through distress tolerance, emotion regulation, and mindfulness skills.
- Journey to Wholeness - This is a skills-based group that will help survivors of sexual assault or abuse cope with symptoms of trauma, feel empowered in their relationships and receive support from fellow survivors.
- ACT UP - A group for lesbian, gay, bisexual, trans*, questioning, or other students coping with coming out, adjusting to campus, relationships, or other concerns.
- RISE - Respect, Inspire, Support, and Empower. This group will assist survivors of emotional, physical, and/or verbal abuse to cope with their experiences by learning coping skills and connect with a community of other survivors.

- Tabletop Talks - Travel to strange places. Meet interesting people. Fight unspeakable horrors together. Members of this group will engage in weekly installments of the tabletop role play game “Monster of the Week”, followed by a process discussion regarding their interactions in the game setting.
- EMERGE - **E**xperiencing, **M**aking sense, **E**quipping, and **R**einvesting after your Grief Exposure. This group will provide a place to explore, along with others, your grief experience as you work toward acceptance, healing, and wholeness after the loss of a significant person in your life.

Is group therapy confidential?

Group facilitators guarantee their own confidentiality, with an exception if the facilitator has sufficient reason to believe that someone is in danger. In this case, the facilitator has a professional obligation to take direct action in order to keep everyone safe. Each group has its own rules and guidelines, but all groups have the rules that group members will keep what is shared in the group by other group members and the identities of other group members confidential.

To speak to a clinician about your interest in group therapy, please visit our website counseling.msstate.edu and click on Mississippi State Virtual Waiting Room, Monday through Friday, 9:00 am - 4 pm. Group screening with the group facilitator(s) is required before group involvement can begin, to ensure that the group is a good fit for your concerns.

Scholarship Reminders

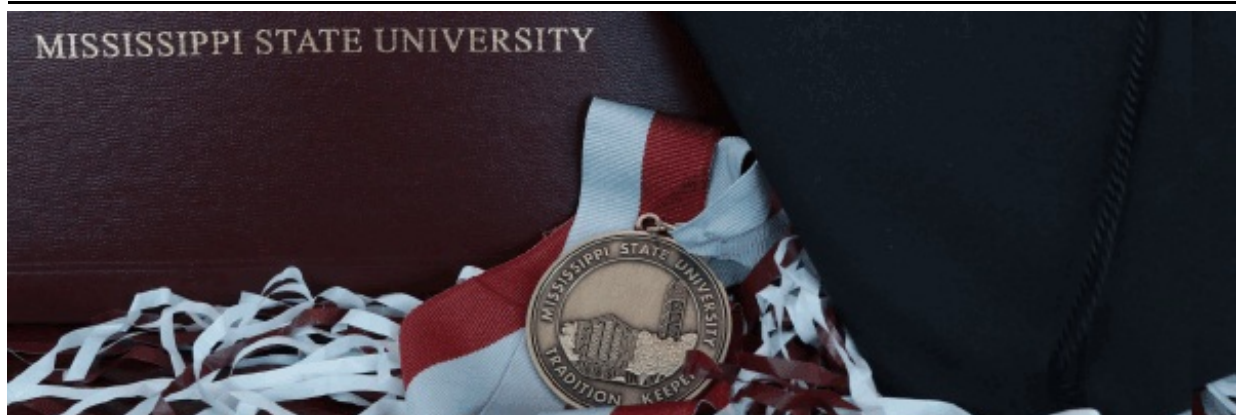
Students with scholarships are encouraged to review the guidelines of their scholarships to maintain their awards by logging into their MSU Scholarship Portal.

The scholarship applications for the 2022-2023 Academic Year opened on October 1, 2021. Current students may apply for competitive, private, and departmental scholarships by completing the General Scholarship Application. The departmental scholarship application and other applications can be found under their Recommended Opportunities. The priority date for submitting these applications is **March 1, 2023**.

Money Matter\$

Past due holds and late fees will be assessed on the October 15th statement. Holds prevent pre-registration for the upcoming semester. Remember, classes fill up fast! In order to be eligible for pre-registration, students must be enrolled in an active payment plan or have a current account balance of zero.

As of October 1, the 2023-24 Free Application for Federal Student Aid (FAFSA) is available to complete. Students can complete the [FAFSA](https://fafsa.gov) online. The FAFSA will ask for income data from the 2021 tax year. Some federal aid has limited funding. Therefore, to receive maximum consideration for all aid types we encourage your student to complete the FAFSA today.



Tradition Keeper Medallion

Your student is an essential part of carrying on time-honored traditions that we hold true at Mississippi State. By completing thirty traditions, they will earn the official Tradition

Keeper Medallion for a little extra swag to wear at graduation. For more information, visit our website at the Mississippi State [Alumni Association](#).



Join the **FAMILY CLUB**

The Family Club was started in 2008 to help parents stay informed about Mississippi State University. By joining, you will receive email notifications of important dates, be informed of the latest campus news, and stay connected to campus life and resources for your student. We believe that the Mississippi State family extends beyond our campus borders to include students, parents/guardians, grandparents, siblings, alumni, staff, and faculty.

The Family Club enables you to be an integral part of the Mississippi State family! The Family Club membership is open to parents and family members of current, former, and future Mississippi State University students. Benefits of joining include:

- Mississippi State Family Club Padfolio
- Family Programming Support

Join
Today



MAROON FAMILY *Alliance*

Would you like to make an impact on your student's Mississippi State experience and represent Bulldog Families just like you?

We would like to personally invite you to become an **inaugural member** of our Maroon Family Alliance. The Maroon Family Alliance will financially support programs and events that enhance your student's experience and our campus community as a whole.

The Maroon Family Alliance will meet on a Friday afternoon in both the fall and spring semesters. During these meetings, members will tour some of Mississippi State's top facilities, learn about innovative programs, hear from dynamic faculty and administrators. Most importantly, members will decide as a group how Maroon Family Alliance funds will be used to strengthen Mississippi State University and its Division of Student Affairs. It is a special way for parents and families to become connected with key University members and other Bulldog families.

You can be a part of the Maroon Family Alliance by following the **"JOIN NOW"** link below to make your annual contribution of \$2,500. You may also call Jana Berkery, Director of Development, at 662.325.9129 to make your contribution by phone. Visit MFA.msstate.edu for more information and we look forward to working with the new Mississippi State Maroon Family Alliance!

Join Now

Visit us on social media and at family.msstate.edu.
Make sure you mention **#MSStateFamily** when you make a post.



Office of Parent and Family Services | 662.325.3611 | family@msstate.edu

MSU Office of Parent and Family Services | 195 Lee Boulevard, Mississippi State, MS 39762

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